Nation

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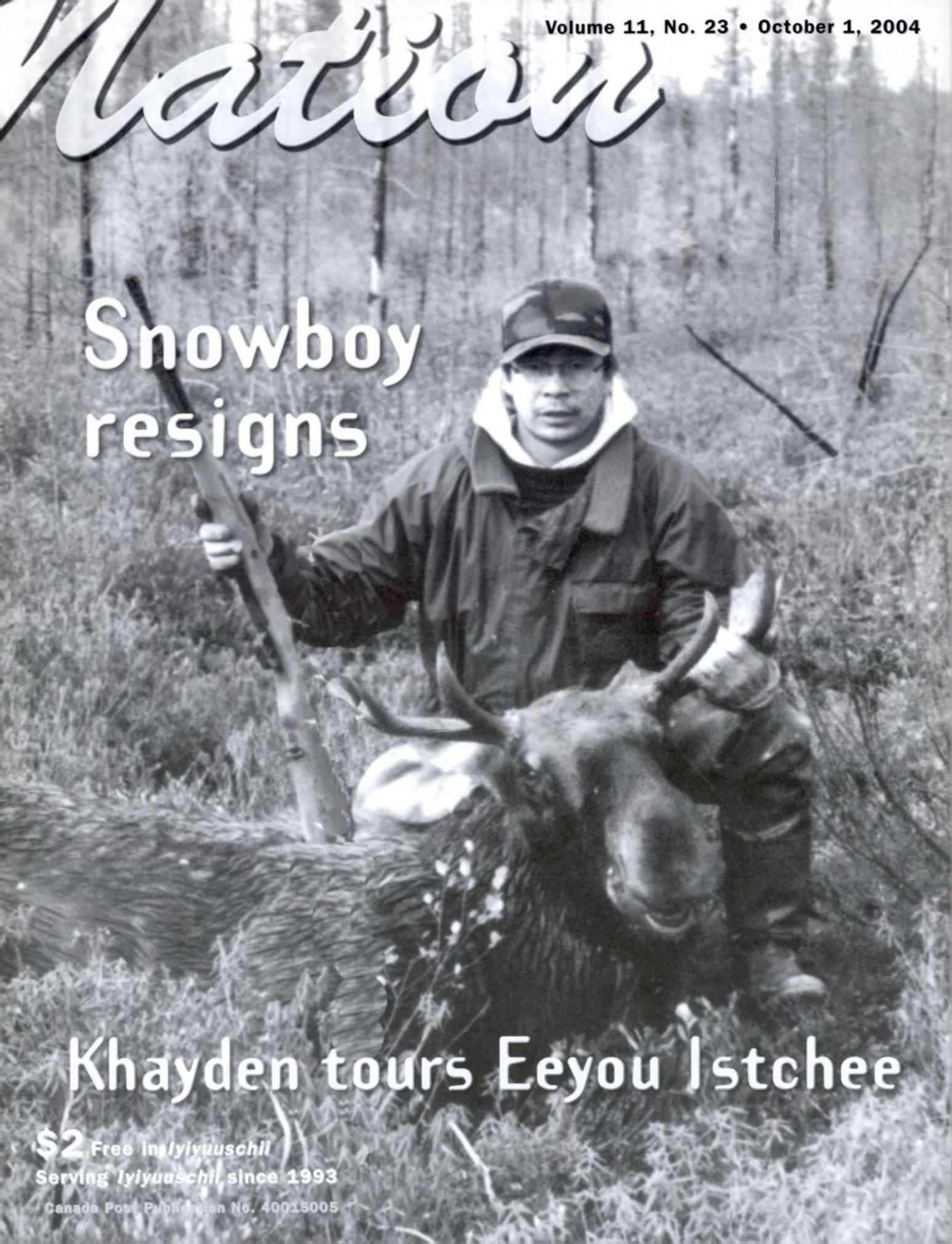

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GENERAL & REFRIGERATED TRANPORT

editorial

Hungry lion or well-fed kitty cat?

The AFN reexamines its purpose

by Will Nicholls

Next year the AFN will be celebrating its 20th anniversary, so it's only understandable that the organization would be looking at itself in a serious way. They've created the much-needed AFN Renewal Commission. National Chief Phil Fontaine says he wants input from the grassroots First Nations peoples wherever they may be in Canada. The AFN wants to know what you think of the organization that claims to represent First Nations to the federal government.

The self-examination is certainly needed as the organization has faced challenges to its mandates in past years. Present National Chief Fontaine was defeated two terms ago for being too cozy with the feds. He even had Indian Affairs employees working out of the AFN offices in Ottawa.

This was too much for many chiefs, who then supported Matthew Coon Come as national chief. Coon Come was seen as a tough leader who wouldn't bend over for Ottawa. On a trip to South Africa, though, Coon Come accused the Canadian government of genocide against First Nations peoples. Canada's reaction was quick, forceful and insightful. In a move that showed the real lack of power of the AFN lobby, Ottawa retaliated by unilaterally cutting the AFN budget in half.

It wouldn't be until Fontaine grabbed the reins of power back from Coon Come that the budget would be restored to former levels. This in itself is instructive on how a lobby group can be co-opted by colonial practices.

There have been numerous other problems with the AFN, such as who does it really represent? Is it just the chiefs who make up the membership and elect the National Chief or does it really speak for all First Nations peoples? Would this Renewal Commission change that and make it possible for all First Nations (on and off reserve) persons to vote on who should be our representative?

If it represents all the First Nations peoples then how do they have input? This Renewal Commission could be one of those ways to make it happen.

Indeed, the Commission says it will be asking:

1. What can the AFN do to improve its representation and dynamism of First Nations and their citizens?

2. What can the AFN do to become more supportive of Urban First Nation citizens, groups and associations?

3. What can the AFN do to broaden its role to include all First Nation demographics?

4. What should the AFN keep, change, avoid, and create?

The 10 commissioners in charge of answering these questions are Wendy Grant-John (Co-Chair), RK (Joe) Miskokomon (Co-Chair), Mary Louise Bernard, Henry Delorme, Ginger Gosnell, Marion Ironquill Meadmore, Francois Paulette, Michèle Rouleau, Gregg Smith, Sylvia Maracle and Neil Sterritt. Their stated mandate is to seek input from First Nations citizens (on- and off-reserve and in urban and rural areas) on the AFN and its current structure, as well as their thoughts and views on a national organization that represents all First Nations.

In Quebec, hearings will be held in Sept-Iles (Sept. 28), Val-d'Or (Oct. 20); and Montreal (Nov. 10-11). For those who can't make it to the hearings you can go online and fill out a questionnaire at www.afn.ca/commission.htm.

The Renewal Commission wants as many First Nations peoples to contribute. If you cannot make it to the hearings, they ask you to send in written submissions and/or do the online questionnaire. They say every contribution matters. Make yours.

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on the cover

Happy Moose Hunting!

Photo: Unknown
Design: Richard Lawson

Traveling Man

By Sonny Orr

On one of my few forays out of the cold white north, I ventured down to seek out new life forms and technologies to bring back to my home town. I discovered some things look new, but are really the same old things packaged in flashy wrappings. I also discovered that some old things really do look better when all dolled up in new veneers. The new technologies that I came to see were the transparencies of all wheel drive and what good old dynamite can do to a hillside.

I went down to buy a new vehicle and, lo and behold, there it was, just the way it looked on the internet. There was only one catch, and that was to find the trusty block heater, which is indispensable north of 50. After a trip to the garage, it was found nestled away behind a plastic covering where the fog lamps were supposed to be. I also noticed that many buttons that were supposed to be on the dash board (last years' model) had completely disappeared in favour of under-the-hood doodads and, in discretional fashion, left up to the mechanical whims of the vehicle. This meant that I was never, ever to exit the vehicle to lock up all four wheels into traction, never to flip a switch and never to wonder whether I was in all wheel drive or not, because a little idiot light told me so when it engaged. I have yet to see that little light; maybe I have to wait for extreme weather and road conditions before it will ever show.

Another technological marvel came to my attention when I bumped into Wernie and Ndiamon at a gas station in Matagami (pronounced Ma-taww-ga-mee). In a show-offy way, Ndiamon offered to burn me some music while on the road. After marveling with wonder and expectation, we discussed how, back in the day, the art of photography had evolved in leaps and bounds. It used to be that the expression, "you'll have those pictures in 10 days or so" had changed to one-hour services, and now to instant results in any format you want. This works the same for music, although, after 250 kilometres of useless blabbing, I never got my compact disk burnt by Ndiamon, so he offered me his disk as sentimental compensation. As long as the road is there, the music will follow (and adverse hearing disabilities soon after).

While readying the vehicle for a trip overseas (at least on the bays of James and Hudson) in Wemindji, I was amazed as to what had transpired there since my last visit about six or seven years earlier. Structures, roads, a swimming pool and pavement everywhere had created a community with the new 'burb look and feel. Somehow, it all made me feel good about the town, in which the population has soared from 250 or so back in the 70s to six times that today. Wow, no wonder we don't see the Wemindji-ites out too late at night, they must all be busy creating a baby boom. I also liked the way the neighborhood looked and the sense of construction and busyness, like a bee-hive in a way. Much to my astonishment, I only saw a few guys hanging around town, apparently enjoying the sunlight and nice weather. This is an indicator to me that there is little unemployment, or the hanger-outers were allergic to sunlight and came out only at night. I guess I'll have to spend a little more time in the Painted Hills to find out. All in all, I liked the transformation of this community, a lot better than a veneer job, I must say.

Back to traveling, in an amazing stroke of luck, due to high winds and bad weather, I made it back home the same day I arrived in Wemindji. Lousy weather does have its merits and I logged in 3,000 kilometres in 48 hours in record time. Now, I just have to wait for the vehicle to catch up, on the high seas.

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Snowboy throws in the towel

Former Chisasibi Police Chief suspended, reinstated, finally resigns

By Steve Bonspiel

The truth, it seems, is not an easy thing to find.

Harry Snowboy found that out in an all too painful way after being brought along with the proverbial carrot on the stick by the Chisasibi band council. After being suspended with pay for 10 months, and then reinstated, the former police chief has now quit the force.

It all started in October 2003, when Assistant Police Chief Larry Ross launched an investigation into allegations of mismanagement of funds by Police Chief Snowboy. During the investigation, according to Snowboy, Ross overstepped his bounds.

"Assistant Police Chief Larry Ross looked into my spending and what he did was he told all the other officers and started spreading it around," said Snowboy in a lengthy interview with the Nation.

Snowboy said that Ross broke the oath of discretion agreed to by every sworn-in police officer, and left him no choice but to suspend him.

The police officers that supported Ross retaliated by sending an unsigned letter to the band council calling for an investigation. The allegations against Snowboy included mismanagement of funds and excessive absenteeism. Snowboy's alleged lack of qualifications for the job as Police Chief also came into question.

The charges were taken seriously and the band council suspended Snowboy on October 17, 2003. He received a letter notifying him of the suspension, signed by Clarence Snowboy.

"They didn't call it an investigation, they called it a management review," said the former police chief.

By this point, Ross had received a severance package and had hightailed it out of Chisasibi.

Then the real fun began.

On October 21, two officers, Jane Fireman and Nicole Sam went on Chisasibi radio to support Ross and air the grievances against Snowboy. "This was another example of breaking the oath of discretion," said Snowboy. "They went public before any inquiry could be done. That damaged my credibility."

Snowboy was in Montreal with his pregnant wife at the time. When he returned he described a scene of suspicious looks from community members and doubt from his own family.

"I was put on trial even before an investigation was done. It put my family through a lot, there was nothing fair about it," said an angry Snowboy. "When I got back I could see the hurt in my family's eyes. I talked to my 13-year-old girl and to my grandmother to reassure them that I didn't do anything wrong. I told them that all they had was allegations – they didn't prove anything.

"What they did really hurt my family. When I got back I knew right then that people already judged me and I don't know why this information was made public without a fair inquiry first.

"As far as I know the officers have never been disciplined or reprimanded. A police officer has to take an oath of discretion not to disclose any information until it's been investigated. That didn't happen in my case."

Then a few months later, when it became known that no charges were to be laid against Snowboy, the same officers went on the air again saying that the band council was protecting Snowboy. "They weren't satisfied that I was free of all charges," he said.

Neither Fireman nor Sam would comment on the issue.

Ironically, Snowboy proved prophetic when a few months before, he addressed the issue of going on air without proof. "I had written a letter to the radio station a couple months before that saying any information that is unproven or any names should not be aired on the radio before the truth comes out. It's ironic that my position was aired," he said.

Snowboy was originally suspended for 30 days with pay. It wasn't until last August 11, however – almost 10 months later – that he received a letter saying he was reinstated. Then, on

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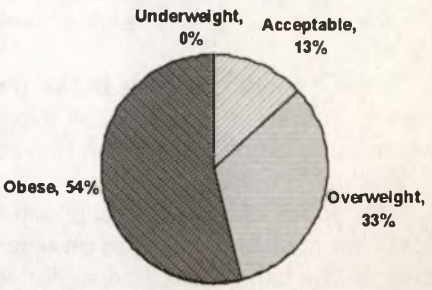
The Cree Board of Health & Social Services of James Bay

What People Told the Aboriginal Peoples Survey

In 2001, Statistics Canada surveyed Aboriginal people across Canada, including 906 Eeyouch from Eeyou Istchee

- 66% of mothers breastfeed their baby.
- Most children eat supper with their family, spend time with Elders, or play sports. Fewer children belong to clubs, spend time on cultural activities, or do arts or music.
- Parents report children spend, on average, almost 4 hours each day on the computer or watching television.
- Half of all children are overweight.
- 12% of children had been injured badly enough to need some type of medical care.
- 37% of adults smoke every day.
- Eeyouch are less likely than other Canadians to drink alcohol. But the people who do drink tend to "binge" (have five or more drinks at one time). Over 1/3 of drinkers "binge" several times a month.
- Most people used pills or insulin to control their diabetes. Few people relied on diet, exercise, or traditional remedies.

Adults' Weight, 2001
Body Mass Index



To obtain the report, Eeyou Istchee Aboriginal Peoples Survey 2001, call the Public Health Department at (819) 855-9017, (418) 923-3355 or (514) 861-2352 (0).

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August 20, after weighing his options and a bit of soul-searching, Snowboy resigned. He would not reveal to the Nation whether he received a severance package, as Ross did when he left.

"The suspension kept getting extended because we had not received the report from a Montreal management group," said band council member Davey Bobbish. "Now that we've received the report I can only say that no charges have been laid. We made the recommendation to reinstate him. It was up to him if he wants to go back."

When asked why they made the allegations in the first place, Snowboy replied, "I don't know. I don't wish that on anybody. Even through 10 years of being a police officer and arresting people that I knew committed a crime – I knew that the court would handle that and the truth would come out."

According to Snowboy, policing in Chisasibi needs to be reformed, and soon. "Right now the police are just there to process people and send them to Amos. Studies show it doesn't do any good to incarcerate people every time. I had different ideas and the backing of the band council to implement those ideas. They saw the need for change in the community. Now I don't know what I'll be doing in the future."

The tougher part may be clearing his reputation. "Nobody's apologized to me yet, neither the police nor the band office," said Snowboy. "I don't know if the radio even aired a disclaimer."

Waswanipi residents set to gab, gab, gab

Talkative Waswanipi residents received good news recently. Cell phones will no longer die a slow death once travelers or members of the community get to the little town.

Norm Kelly of Telebec explains: "Waswanipi was supposed to receive cellular service in the second quarter of 2005 and I brought it up to the last quarter of 2004." The project cost Telebec $300,000 and will be available to the community in the first week of November.

"My role is to try to bring cellular service into the Cree communities," Kelly adds. "Waswanipi is a community that is expanding very, very rapidly. With the availability of cells phones, it will create closer communications within families and within the business part of the organization."

Last spring, Mistissini became the first Cree community to receive cell phone service. The president of Telebec, Roch Dubé, was on hand June 3 to commemorate this historic event. Telebec signed an agreement with Cree Sports to distribute the cell phones within the community.

"Sales have been pretty good," said David Iserhoff, manager of Cree Sports in Mistissini. "We've sold 300-350 phones since June 3rd. We keep ordering them, but they sell out very fast."

Kelly is hopeful that a similar deal can be worked out in Waswanipi.

"What's nice is we have the traffic going from Val d'Or to Chibougamau as well as the demand in the community [for cell phones]," said Kelly. "When we put the both together it was feasible to invest."

Kelly also mentioned that Telebec is looking ahead in hopes of bringing cell phone service to the rest of the Eeyou Istchee as soon as they can.

Spencer trial postponed again

Trevor Spencer's trial has been postponed – yet again.

The man accused of assaulting two-year-old Khayden Otter in Waswanipi February 8 has had his trial postponed pending a psychiatric evaluation of his state of mind at the time of the incident.

Spencer is now scheduled to appear October 26 in an Amos courtroom.

Man drowns in Waskaganish

A 59 year-old Waskaganish man drowned in a bizarre incident that occurred on the Kapeshi Rapids.

The accident happened on the afternoon of Saturday, September 18, at Kilometre 49 near Waskaganish. Two Cree and a couple of non-natives were installing electrical wires for Hydro from their boats when one of the cables got stuck on the back of the boat. The cable forced it to slowly go down and water seeped in.

Three workers were pulled out of the boat into the water. Unfortunately one of the workers, Richard Small couldn't get out of the water in time and he drowned.

Waskaganish Police officer Jim Hester said that there was no criminal act committed and that more will be known after the autopsy.

Joanne Savard, a spokesperson for Hydro Quebec said that CSST is investigating the incident to see if any negligence did in fact occur. She wasn't aware of similar incidents involving Hydro workers in the past.

If it was found that the company was negligent in some way, Small's family could be compensated for their loss. Savard was quick to mention however that Hydro would not be liable because Small was working for the Waskaganish band at the time.

Khayden tours Eeyou Istchee

Khayden Otter-Rupert marked the beginning of his triumphant return to Eeyou Istchee with a smile.

Khayden and his grandfather Ronnie Otter began a tour of Eeyou Istchee Sept. 4 with a whirlwind stop in Whapmagoostui. Khayden took a tour of the community in the fire truck, visited the band office and had lunch with the Chief.

"He's very energetic and inspired when he sees people, he's very determined to show them he can walk," said Ronnie.

continued on page 9

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Sinclair Gilpin	Whapmagoostui
Peter Nanskish	Chisasibi (not in picture)
Simeon Pachano	Chisasibi
Bertie Georgekish	Waskaganish
Freddie Shecapio	Waskaganish
Peter Moar	Nemaska
Paul Shecapio	Ouje-Bougoumou
Abraham Icebound	Waswanipi
Mario Nayassit	Waswanipi (not in picture)
Hubert Petawabano	Mistissini
Eric Gilpin	Cree Regional Authority
Lawrence P. Katapatuk	Cree Regional Authority

Instructors / Organizers

Martin Desgagné	Engineer
Conrad Benoit	Cree Regional Authority
Emmett MacLeod	Cree Regional Authority
Jenny Saganash	Cree Regional Authority (not in picture)
Allessandro Cirella	Dessau Soprin
Daniel Cockburn	Monterval Inc.
Brian Faubert	MLS
Frédérick Chaperon	First Aid & CPR (not in picture)
Jacques Charlevoix	CMHC
Jean Ratelle	CMHC (not in picture)
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Cree Regional Authority
Administration regional Crie

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Khayden paid similar visits to Chisasibi, Wemindji, Nemaska and Waskaganish in the following days. Unfortunately, the people in Eastmain didn't get a chance to see their hero due to two funerals in their community.

Despite that sad news, spirits were high in the Otter camp. "The trip has made a lot of people happy. When the doctors were saying that he might not make it, a lot of people said that doctors can be wrong and not to forget the power of prayer," said his beaming grandfather.

"You can have money in your pocket and it can be gone tomorrow, but love and prayer are something you never lose. It'll always be there," he said.

After a couple days rest, Khayden and his entourage moved on to Mistissini Sept. 14. He received a hero's welcome and he loved every minute of it.

"The elders said that when they heard that Khayden was on this trip they really wanted to see him after hearing and reading about what he went through," said Ronnie. "It's almost like Khayden's been leading me to tell these people about what happened to him."

The duo also spoke to the kids at school about the effects drugs and alcohol have on people. Because this tragic accident allegedly happened due to alcohol abuse, Ronnie wanted to make sure that the children could see and hear about its negative effects.

At press time, Ronnie was scheduled to get back to Waswanipi where Khayden would be the guest of honour at the opening game for the midget AAA Waswanipi Eenouch hockey team.

They are set to wrap up their tour a few days later in Ouje-Bougoumou.

Ronnie wanted everyone in Eeyou Istchee to have the chance to see Khayden and his progress first hand. "People were saying that they wanted to see him," he said. "By going to each community we're showing our appreciation for their prayers and support. Seeing Khayden walk gave a lot of people hope and inspiration."

Eastmain Fast-pitch Tournament September 10-12

Once again the turn out was great. Fans made their presence known and the legend of fast-pitch Darren Zack (Team Canada Pitcher) came back to defend his title with Eastmain Eagles from the 2003 season.

We had a total of seven teams in men's fast pitch and six teams in women's fast pitch. This is the second year that we've introduced women's fast pitch here in Eastmain and the pitching gets better each year. The pitching rule was optional for the woman (windmill to slow), so hats off to the women as they struck with the windmill all weekend.

The final four that made the cut and made a run for the prize: Number-one seed Chisasibi Nouchimi beat the fourth seed Eastmain Gilberts Angels 14 – 4 in the semi-final round allowing Nouchimi to advance to the finals. Number-two seed Chisasibi Hawks narrowly defeated the third seed Waskaganish Lady Hawks 9 – 8 to earn a spot for the finals. Again in the finals team Nouchimi came out with the sticks to defeat the Hawks 12 – 7 to win the championship and $2,000 while remaining undefeated in the tournament. The finalists Chisasibi Hawks walked away with $1,000.

Best infield went to Chisasibi Hawks second basemen Mabel Bearskin; best outfield went to Chisasibi Nouchimi April Moar and MVP of the tournament went to Joanne Pash.

In the Men's Fast Pitch the standings were as follows:

Teams	GP	W	L	T	PTS	RF	RA	+/-	POS
Eastmain Eagles	4	3	0	1	7	16	1	15	1st
Chisasibi Jays	4	3	1	0	6	8	6	2	2nd
Eastmain Fireballs	4	2	1	1	5	11	3	8	3rd
Waskaganish Hurricanes	4	2	2	0	4	11	12	-1	4th
Eastmain Riversharks	4	1	3	0	2	11	14	-3	5th
Waskaganish Heat	4	1	3	0	2	12	18	-6	6th
Wemindji White Sox	4	1	3	0	2	12	27	-15	7th

First seed Eastmain Eagles received a Bye as did the second seed Chisasibi Jays.

Quarter-Final Matches:

Third seed Eastmain Fireballs shut out Waskaganish Heat 11 – 0 to advance to the semi finals against the Chisasibi Jays.

Fourth seed Waskaganish Hurricanes defeated fifth seed Eastmain River Sharks 5 – 0 to advance to the semi finals against the Eagles.

Semi-Final Matches as follows:

Chisasibi Jays played the Eastmain Fireballs and pitcher Raymond Shanoush almost walked away with a perfect game, but it was spoiled by youngster Harlan Moses when he got a solid line drive to the right field in the 3rd inning... Fireballs walked away with a 5 – 0 win over the Jays to advance to the finals.

The Eastmain Eagles, with fast-pitch legend Darren Zack, displayed dominant pitching in defeating the Hurricanes 5 – 0 to advance to the finals against the Fireballs.

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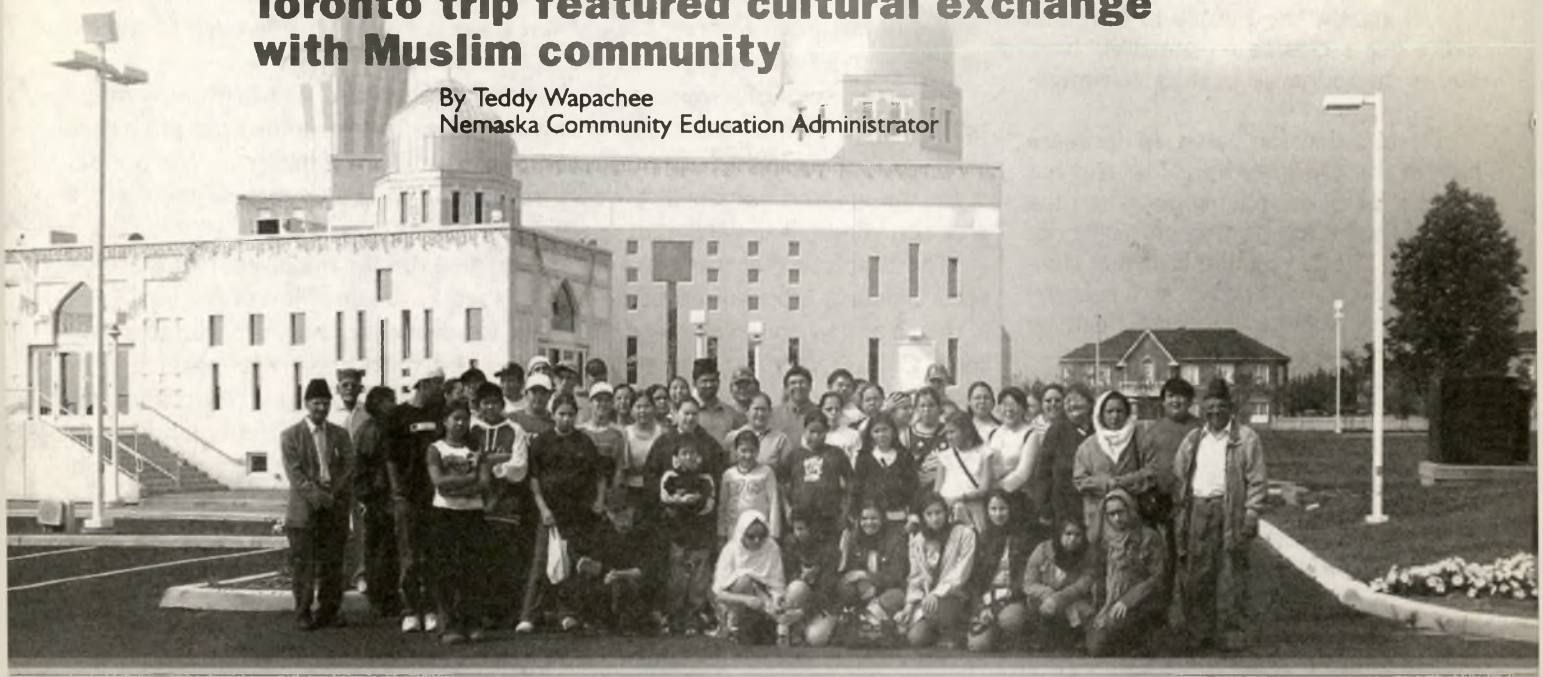
feature

Nemaska students pay last respects to late principal

Toronto trip featured cultural exchange with Muslim community

By Teddy Wapachee
Nemaska Community Education Administrator



A busload of students and community members left Nemaska Friday, September 3, for Toronto. Their mission was to meet the Rana family and pay their last respects in person to their former principal, Farrukh Mahood Rana.

Farrukh Mahood Rana passed away June 29 in Montreal. He had apparently died of a heart attack during an afternoon nap. Farrukh had left Nemaska June 26 following the year-end school activities and arrived in Montreal the next day. He spent his remaining days with his family which was meant to be. His wife had said that he was very proud to have been involved in the year-end school activities.

When the Nemaska community was informed of his death on Wednesday, June 30, there was no time for the Cree School Board to send a representative to the funeral, which was held in Toronto July 1. Instead, a memorial service was held in Nemaska to remember Farrukh. At the memorial service it was clear that a number of students were attached to Farrukh since many of them openly grieved. I think it was during this memorial service that a moral obligation had to be fulfilled. The students and community members needed to pay their last respects to Farrukh and bring closure to the sad and unexpected event.

The trip to Toronto was originally planned to take place August 6, but this was not possible due to funding problems. It was intended to have the trip at this time in order for the students not to miss any school days. The trip was then rescheduled to take place during the Labour Day weekend. Again, this was to ensure that a minimum number of school days would be missed. The trip was eventually made possible through the fundraising efforts of members of the Nemaska School Committee and Community Education Administrator. The major fundraising event was coordinated by the Nemaska Annual General Assembly. The coordinating fees and the organizing of certain events all went to the transportation and accommodation costs of the trip. The Cree Nation of Nemaska, the Nemaska Development Corporation and the Nemaska School Committee also contributed to make the trip possible.

The bus left Nemaska at 8 am and various stops were made along the way. Mother Nature provided the entertainment prior to arriving in North Bay and the

students were awed at its power. Thunder and lighting flashed and students clapped as if it were a fireworks display. It rained so hard that the bus started to leak and someone commented that we were actually in a boat.

We left North Bay Saturday morning and continued on to Toronto. About two hours from Toronto we started to make contact with a member of the Rana family. Mr. Malik Muzaffer met us with his hazard lights flashing at a busy intersection in the outskirts of Toronto and guided us to the Ahmadiyya Muslim Community, where we were greeted by the National Secretary of the Muslim community, Dr. Syed M. Aslam Daud. He made us feel welcome and introduced us to various members of his community. It was here that we were able to once again meet Mrs. Nasreen Naheed, Rafia, Zara, Schbrala, Oudyia and Zalarya Rana, the wife and five daughters of Farrukh Rana. Warm greetings and formalities were exchanged and we were invited to have lunch with the family and the Muslim community members.

Following the lunch we were taken to the Bai'Tul Islam Mosque, which, we were informed, is the largest in North America. Prayers were given by our hosts and a question and exchange session was held. The students asked various questions about the Muslim culture and religion. A gift exchange was held and our School Commissioner spoke on our delegation's behalf. Gifts were then exchanged between our two groups. Isaac Meskino, our School Commissioner, and I received copies of The Holy Qur'an, the Holy Book of Islam which we accepted and will leave in the school in memory of Farrukh Rana.

We continued on to the cemetery to complete our final mission. Our Nemaska entourage arrived at the cemetery and we were directed to a fresh gravesite. It was here that a sign identified the gravesite of our principal. Our guide, the brother-in-law of Farrukh Rana, pointed us to the grave and said, "Here is the final resting place of your principal." The wife and daughters of Farrukh Rana wept as did many of the students. They finally had the opportunity to properly pay their last respects to Farrukh Rana and bring closure to events that began June 29. We offered our sympathies and condolences to the wife and daughters of Farrukh which consisted of triplets and two other daughters. Farrukh Rana's

wife expressed her gratitude and appreciation that the Nemaska delegation had bestowed on her and her family. We stayed at the gravesite for about three hours as stories were exchanged. Students went back to the gravesite a couple of times and Mrs. Rana commented on the attachment that the students must have had with her husband. At this time arrangements were made with a family member for the remainder of our stay in Toronto.

Mr. Malik Muzaffer wanted to make sure that we enjoyed our stay in Toronto and offered to be the "go-between guy" and ensured that we were able to purchase tickets at discount prices. On Sunday morning Malik arranged to have us go to the Canadian National Exhibition. It was great to be around Malik and things started to happen when he was around. He made us feel like we knew him all our lives. Malik is the district manager of Stitches and had an outlet at the CNE. He negotiated his way around and got us the best group packages for the CNE and the tour of the CN Tower.

The trip was a success because we did what we had set out to do. We felt that we were morally obligated to meet the Rana family one more time, and to properly pay our last respects to our principal Farrukh Rana. We were then finally ready to properly begin another school year.

Rest in Peace, Farrukh. Your legacy in believing in ourselves will live on.

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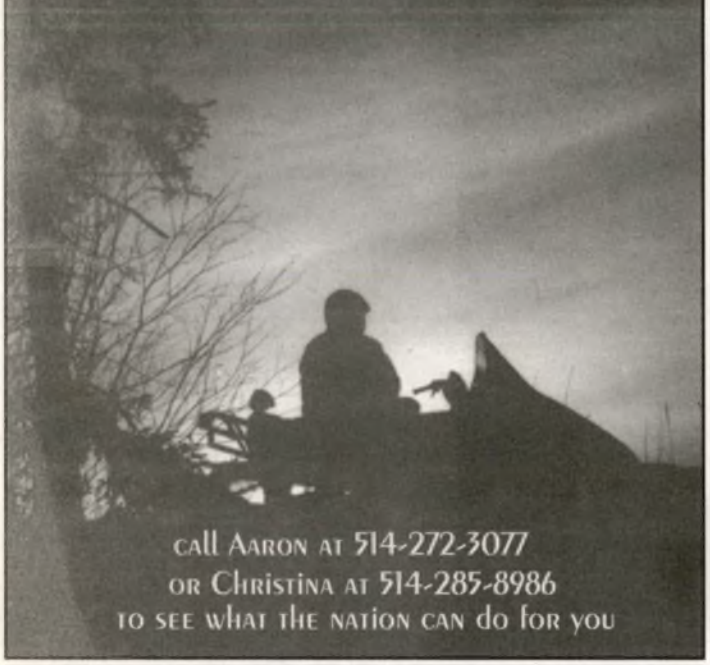

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Camp Okpiapik 2004

Keeping the Ancestral Memory, History and Customs Alive

By Isabelle Croteau

For the first time since 1997, Camp Okpiapik was held outside Nunavik: it took place in the Cree Nation, specifically in the Wemindji area on the shores of James Bay, from June 30 to July 11. There were 174 Junior Canadian Rangers (JCRs) from all the patrols of the 2nd Canadian Rangers Patrol Group (2 CRPG) invited to this eighth gathering to learn about traditional ways of life and customs, to develop their sense of citizenship and to reinforce their sense of responsibility toward the community.

During the camp, the JCRs took part in many activities centred on the traditional way of life and customs, which is one of the main focuses of the JCR program. The young people were able to make handicrafts, go hunting and fishing, practise archery and marksmanship, make traditional food, listen to and tell traditional legends and stories – all with a view to keeping the ancestral memory, history and customs alive.

Traditional activities

Archery: Participants loved this activity. Besides setting up an archery range, Sgt Doyle laid out a trail in the woods with animal targets. The participants were not the only ones who were impressed: the bear target was attacked by its real-life counterpart! But the target must not have tasted very good, because the real bear left most of it intact and with a few touch-ups it could be used as a target again.

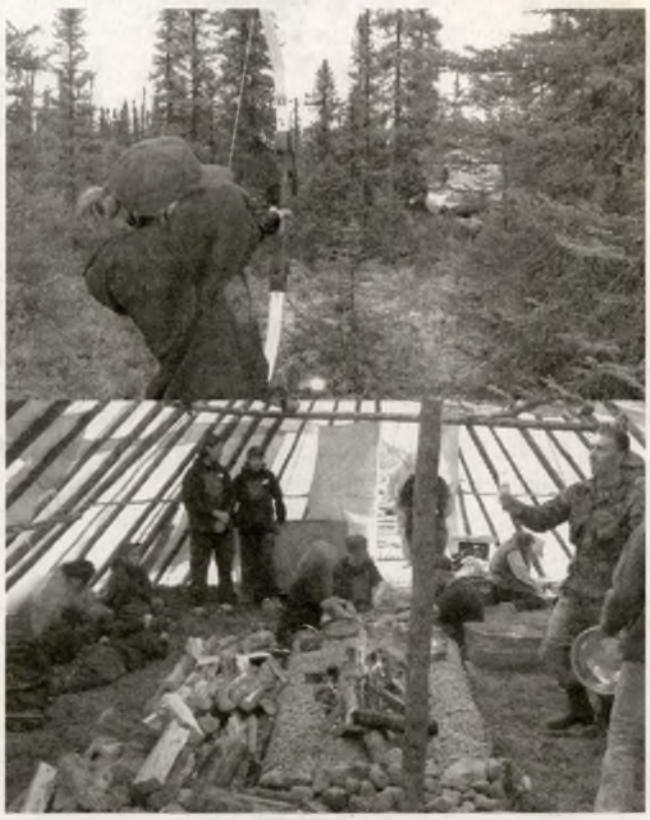
Traditional cooking: Under the supervision of Sgt. Cossette, the young participants prepared goose, fish, moose, caribou and bannock in the Shaapuhtuwaan. Sgt. Cossette had to fend off the same bear that attacked its cloth likeness. It no doubt would have liked to join the feast. In the end, it was shot by a Wemindji resident, ranger MCpl Danny Tomatuk. Guess what was on the menu in the traditional cooking workshop the next day?

Handicrafts: Under the watchful eye of a true artist, Sgt. Journeault, more than a hundred dreamcatchers and canvas and rock paintings were created during the camp. Dreamcatchers allow good dreams to pass through the webbing and hide in the feathers and ribbons of the dream catcher, whereas bad dreams get caught in the webbing until the morning sun burns them away. An ideal gift for someone special.

.22 calibre shooting range: Under the supervision of Sgt Davey, several JCRs scored 100/100, while others were real beginners. But everyone agreed that this was one of the most exciting activities of the camp.

Traditional exercise: During the camp, each group

During the camp, each group was able to take part in the 24-hour traditional survival exercise, during which they were able to practise a whole range of skills, including building a shelter, hunting, fishing and living off the land.



Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Cheesy Shepherd's Pie

2 lbs	lean ground beef	1 kg
	1 large onion, finely chopped	
2 tablespoons	tomato paste	25ml
1 14 oz	can of tomatoes	398ml
1 cup	beef stock	250ml
2 lbs	potatoes, peeled and halved	1 kg
1/4 cup	skim milk	60 ml
1 tablespoon	soft low-fat margarine	15 ml
1 cup	frozen green peas, thawed	250 ml
1/4 cup	shredded fat-reduced cheddar cheese	60 ml
	Salt & freshly ground black pepper	

1 Fry the ground beef and chopped onion in a large nonstick pan over medium heat for 5 minutes. Stir to break up the beef, and cook until browned. Drain off the excess fat. Stir in the tomato paste, tomatoes and stock. Lightly season with salt & pepper to taste. Bring everything to a boil, then cover and simmer for 45 minutes.

2 Meanwhile, boil the potatoes in lightly salted water for about 20 – 25 minutes or until tender. Drain and mash together with the milk and the margarine.

3 Preheat oven to 350F (180C). Stir the peas into the beef mixture then spoon this into a 1 & 1/2 (1.5L) quart casserole dish. Cover with a layer of mashed potatoes and bake for 25 minutes or until lightly browned and bubbly. Sprinkle with the cheese and return to the oven until the cheese melts. Best served hot. Makes 6 servings.

TIPS:

- Use a nonstick pan to cook the ground beef. You won't need oil as it will cook in its own juices. Just pour off the excess liquid when the beef is cooked through.
- Beef can be replaced with veal, moose, caribou or deer. Adjust cooking times to compensate.

Nutrient Analysis per Serving:

Calories: 614, Protein: 51g, Carbohydrate: 41g, Dietary fibre: 5g, Fat-total: 27g, Saturated fat: 10g, Cholesterol: 151mg, Sodium: 431mg

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was able to take part in the 24-hour traditional survival exercise, during which they were able to practise a whole range of skills, including building a shelter, hunting, fishing and living off the land.

Leadership training: For the first time, JCRs (holding the rank of master corporal or sergeant or about to attain it) from all 2 CRPG patrols were chosen for leadership training. Sgt. Giard and Sgt. Prince taught basic commanding skills to JCRs who are in command positions in their patrols.

LG2 visit: The cultural component of the camp gave the JCRs the opportunity to visit the majestic LG2 hydroelectric power station. The 160-metre-high dam – as tall as a 55-storey building – is an awe-inspiring sight. The reservoir above the damn is just as impressive. Its 2,836 square kilometres make it the largest inland lake in Quebec.

Visit by BGen. Gaston Côté

After five intermediate stops, much turbulence – which meant using little white bags for some – and a helicopter ride, BGen. Gaston Côté, Commander LFQA; CWO Normand St-Pierre, Chief Warrant Officer LFQA; Capt. Caroline Lapalme, Aide-de-camp to the Commander LFQA; BGen. Daniel Pepin, Director General Reserves and Cadets; and I finally arrived at Camp Okpiapik for a three-day visit from July 5 to 7. BGen. Côté and his party were able to take in the JCR activities, visit the 24-hour survival camp site and the Wemindji community in the company of the community chief, Reggie Mark.

"The Junior Canadian Rangers program is a community effort to help communities support and develop young citizens," said BGen. Côté. "This was the first time the camp was held outside Nunavik. Having the camp in the south helps us break out of the northern mould. That's why next year Camp Okpiapik will be held for the first time on the Lower North Shore, at Blanc Sablon. The Inuit are less reticent about coming south. One of the big concerns was that they would be too warm. But it was not too difficult for them to adapt."

The camp wound up on July 10 with a big celebration that everyone was invited to attend. Maj. Claude Archambeault, Commanding Officer of 2 CRPG, thanked the members of the Wemindji community for their support and involvement.

x((x((x((O))x))x))x

What the Junior Rangers liked most

From June 30 to July 11, 174 Junior Rangers took part in Camp Okpiapik 2004 in Wemindji. The week-long camp brings together young Cree, Inuit, Montagnais, Neskapis and non-natives to experience various traditional activities. Here are a few comments they shared with us.

Katharine Kennedy, 14 years old, Saint-Augustin: "It's great. We are always busy. There's no time to get bored. We go to bed tired, but tired from a good day. What I like the most was the 24-hour survival camp. I learned how to lay a snare."

Anna Ningiuk, 16 years old, Inukjuak: "This is my second time at camp. What I liked the most since I started coming is the 24-hour survival camp and making my dream catcher. This is a chance to meet people and make new friends."

Lukassie Matt Mark, 13 years old, Ivujivik: "I especially liked the marksmanship and putting up a teepee. I made lots of friends and I hope I can come back next year."

Elaisa Alaku, 17 years old, Salluit: "This was my first time at camp. I really enjoyed the marksmanship. The camp was a chance for me to meet other people my age. The weather is strange, though: it's different."

Lizzie Nowra, 15 years old, Inukjuak: "I really enjoyed meeting new people and doing new things. What I liked best was canoeing. I had never gone canoeing, or eaten moosae. When I got here, I was really surprised because of all the trees. There aren't that many in the North. That's weird."

Paul Beaulne, 15 years old, Puvirnituq: "This is my second time at camp. I really enjoy the sports, but it is hot here. I learned a lot, especially survival techniques."

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In your moment of tremendous loss, grief and sadness...

To: The Gilpin Family,
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We, the Waswanipi Eenouch, share with you our deepest condolences and our prayers.

We, The Waswanipi Eenouch, have paid our respects by holding a Moment of Silence in memory of your Loved Ones at the last day of our local General Assembly on September 9th, 2004.

We, the Waswanipi Eenouch, wish to extend our Love and our Hope to each and every one in Eastmain as you begin another journey, as a Family, as a People and as a Nation, in a path towards recovery and healing.

In the name of our Great
Creator, may He continue
to shine His ever lasting bright light
upon you, your life and your community
in your hour of sadness...
in your time of need.

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Will On the Grill

by Will Nichols

In this installment of Will on the Grill I don't have a lot of recipes but I do have a list of all the things you can do with baking soda. But first the recipes:

Rosemary Pork Chops

6 pork chops

1 500ml fresh cream (a little over one pint)

4 or 5 fresh rosemary sprigs (may substitute 2 teaspoons of dried rosemary. Soak in cream for half an hour if possible).

Place pork chops or fillets in an oven dish, cover with cream, and place rosemary on top. Cover dish with tin foil and bake in a slow oven at 150 degrees for 1 hour. Uncover and bake for another hour until chops are cooked through and you are left with a creamy sauce. Very delicious with baked potatoes and salad or fresh asparagus.

Cheesy Bacon Soup

The important thing to remember here is you can substitute and play with the ingredients. Friends of mine have used veggie and turkey bacon. Others have just gotten the three cheese, already shredded cheese instead of shredding their own. You can add a touch of hot peppers to give it a zing. Have fun.

8 slices of bacon, diced

2 tablespoon vegetable oil

3 medium carrots, chopped

3 medium onions, chopped

1 tablespoon Dijon mustard

3 tablespoons flour

2 cans chicken broth, 14 1/2oz cans

1 teaspoon black pepper

1 cup half and half (milk)

1 cup shredded cheddar cheese (8oz)

1 cup shredded Monterey Jack cheese (8oz)

In a sauté pan over medium-high heat, cook bacon until crisp. Remove and place on paper towels to absorb the extra fat.

In a 4 quart saucepan, heat the oil over high heat. Add the carrots and onions and cook until soft, stirring often so they do not stick. Stir in the mustard and flour. Let cool 3 to 5 minutes, stirring. Add chicken broth, pepper and two cups of water. Bring to a boil and stir until thickened. Stir in the half and half and cheese (may substitute the already shredded cheese packages). Reduce heat to medium-low. Return bacon to the saucepan. Stir over low heat until cheese is melted, about 3 to 4 minutes.

Baking Soda does everything but cure cancer

Clean a stainless steel sink. Sprinkle Baking soda on a damp sponge, scrub the sink, and rinse clean.

Clean a refrigerator. Sprinkle baking soda on a damp sponge, scrub, and rinse clean.

Clean a fibreglass bathtub or shower. Sprinkle baking soda on a damp sponge, scrub, and rinse clean.

Clean bathroom tile. Sprinkle Baking soda on a damp sponge, scrub, and rinse clean.

Clean a microwave oven. Sprinkle baking soda on a damp sponge, scrub, and rinse.

Clean coffee and teapots. Wash in a solution of one-quarter cup baking soda and one quart warm water, then rinse clean.

Deodorize cloth diapers. Mix one-half cup Baking soda in two quarts of water, and soak diapers in the solution.

Deodorize sink drains. Instead of throwing out that old box of baking soda that's been sitting in the refrigerator or freezer, gradually pour it down the drain and flush with water.

Deodorize a dishwasher. Sprinkle one-half cup baking soda on the bottom of the dishwasher between loads.

Deodorize food containers. Don't you hate the smell after they have been laying around the office or school locker for a few days? Mix one-quarter cup baking soda with one quart water, swish food containers in solution, soak overnight, then rinse clean.

Deodorize kitchen garbage. Sprinkle a handful of baking soda in the garbage pail each time you add garbage.

Deodorize carpet. Sprinkle baking soda lightly over the dry carpet, let sit for fifteen minutes, then vacuum up.

Deodorize a cat litter box. Cover the bottom of the litter box with one-quarter inch baking soda, and then add the litter.

Boost the strength of Dishwashing Liquid. Add two full tablespoons baking soda to the usual amount of detergent you use.

Remove burnt-on food from cookware. Dampen area, sprinkle with baking soda, let soak overnight, then scrub with a sponge, rinse, and dry.

Clean and deodorize a cutting board. Sprinkle baking soda on a damp sponge, rub the cutting board, and rinse clean.

Refresh stuffed animals. Little junior miss' favorite stuffed toy that is just a little rank? Sprinkle baking soda on the stuffed animal, let sit for fifteen minutes, and then brush off.

Use as a deodorant. Dust baking soda under arms.

Soothe insect bites. Make a paste of baking soda and water, and apply to the affected area. This is great for the young ones but I guess that you'll have to wait until next summer to try this one out.

Soothe sunburn and windburn. Dissolve one-half cup baking soda in a tepid bath. Soak in the bath for fifteen minutes.

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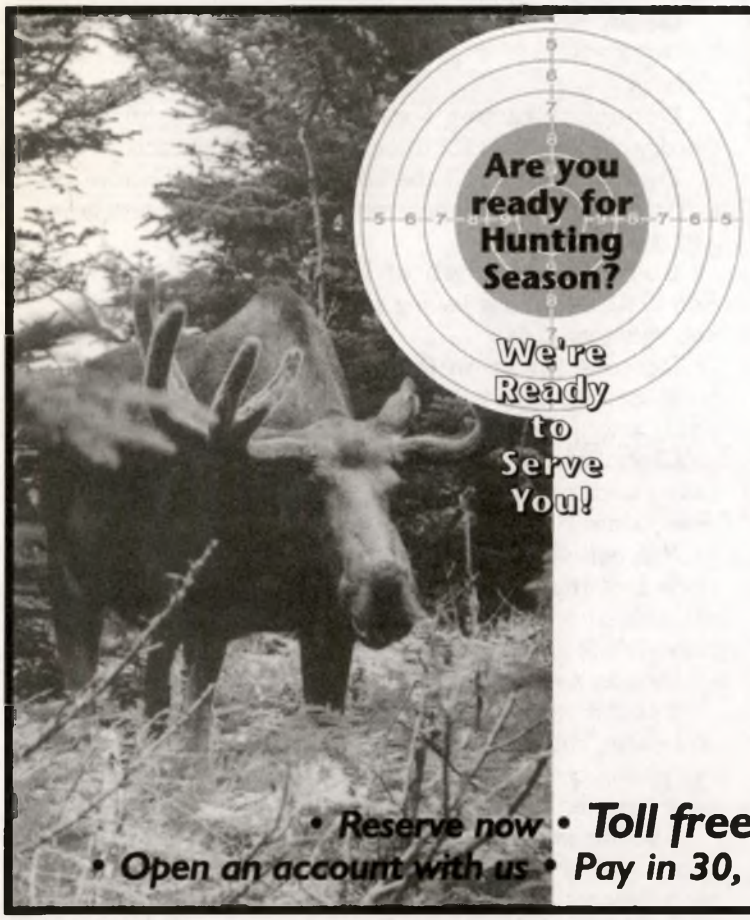

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Take a refreshing bath. Dissolve one-half cup baking soda in a tub of warm water for soft, smooth-feeling skin and a relaxing bath.

Brush your teeth. Plain baking soda is a gentle abrasive that cleans like the strongest toothpaste. Apply baking soda to a damp toothbrush, brush as usual, and rinse. Note: baking soda does not contain fluoride. Wash your mouth. Add one teaspoon baking soda to one-half glass warm water, and swish through teeth for a refreshing mouthwash.

Neutralize vomit odor. For pets and others… Sprinkle baking soda generously to cover the stained area, let sit for an hour, and then vacuum up.

Clean up pet accidents. Clean with club soda, let dry thoroughly, then sprinkle on baking soda, let sit for fifteen minutes, and then vacuum up.

Soothe tired feet. Add three tablespoons to a basin of warm water and soak feet in the solution.

Minimize the smell of dirty laundry. Sprinkle some baking soda into your hamper or laundry bag. Boost the strength of liquid laundry detergent. Add one-half cup baking soda with the usual amount of detergent in your regular wash cycle. Boost bleach. Use one-half cup baking soda with your normal liquid bleach to boost the bleaching action and freshen the wash. Whiten socks and dirty clothes. Add one-half cup baking soda to regular liquid laundry detergent.

Deodorize shoes or sneakers. In the evening, sprinkle baking soda inside shoes to eliminate odors. Shake out in the morning.

Remove crayon marks from walls or wallpaper. You have to love your kids but don't you hate it when your budding Picasso goes nuts. Don't worry, just sprinkle baking soda on a damp sponge, scrub gently to avoid mussing the paint or wallpaper and then wipe clean.

Clean dirt and grime from hands. Out of soap? Sprinkle baking soda onto wet hands with liquid soap, rub vigorously, rinse, and dry.

Clean high chairs, car seats, strollers, and plastic mattress protectors. Sprinkle baking soda on a damp sponge, wipe clean, and dry.

Clean baby bottles, nipples, and bottle brushes. Soak in a solution of warm water and baking soda, then sterilize before use.

Make baby clothes smell even fresher. Add one-half cup baking soda to baby's laundry.

Clean chrome bumpers and hubcaps. Sprinkle baking soda on a damp sponge, rub surface, and wipe clean with a dry cloth.

Remove dead insects from a car or truck windshield. Sprinkle baking soda on a damp sponge, clean glass, and wipe clean with a dry cloth.

Deodorize carpeting in a car. Sprinkle baking soda on the carpet, let sit for fifteen minutes, and then vacuum up.

De-grease and clean barbecue grills. Make a paste by mixing equal parts baking soda and water, apply with a wire brush, wipe clean, and dry with a cloth.

Remove tarnish from silver. Is your jewelry starting to loose its shine? Mix a thick paste of baking soda with water, and apply it to the silver with a damp sponge. Rub, rinse, and buff dry.

Hear ye! Hear ye! Hear ye!

Beesum communications' website is up and running!

Montréal, July 27, 2004 - Beesum Communications,
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Tourism:

A growing economic base for Eeyou Istchee

by Norman Fireman

Pulse of the Nation

The Pulse of the Nation for this issue is to examine how and if Crees see tourism as a viable part of the Cree economy. Many Cree businesspeople are still learning how to tap into this growing market. There is still a lot of training and planning needed. Overall, however, the response we found is that tourism is or could be a big part of the Cree economy.

Kenny Petawabino, Mistissini, thinks tourism is good for the community because it generates money in the community for the benefit of the local promoter and its employees. "Our community has had an increase in tourism and it is basically the quality of service that you offer to them that will determine if they will keep coming back. Obviously, you also have to have a very good attitude towards tourists because they will judge you from this characteristic and of course, your local tourism department has to provide good promotional and marketing services,"

David Pepabino, from Chisasibi: "There are 13 of us that have shares for our fishing camp. Let me put it this way, if I apply for a grant or money to fix up my business or fishing camp, I can turn around and pocket the money, go down to Val d'Or on a shopping spree. I can buy myself a vehicle and neglect my business. What do you think will happen? Of course, my business will not prosper. I believe tourism could be a source of economic stability to those who know how to run it properly and how to treat our tourists."

Steve Mianscum: "Ouje-Bougoumou hosts thousands of visitors to our community and we've seen that there are two different types of tourists. The first is the cultural type of tourist who visits the community in order to learn about the culture, the environment and the traditions it exemplifies. These tourists stay in the community and, in a large number of cases, also go on cultural excursions with our tour operators. The other type comprises those that come to the community for business or professional services. With the rapid economic development taking place in the community we see more and more of this tourist visitor traffic."

Eric House, Chisasibi: "It's a good time to show our traditional knowledge of the land. There's so much destruction of the environment around the world; we are the ones who know how to take care of and preserve it. We should pass on this knowledge to tell people [tourists] how we take care of our environment."

Raymond Blackned, Waskaganish: "Tourism generates economic stability, business entrepreneur opportunities, and creates employment. It is a vital tool to adapt within our community business plans in sustaining the Cree Nation economy."

John Brown, of Eastmain, thinks we need to focus on education [in tourism]. He also says much planning needs to be done before the Cree people can get ahead in running tourism, but the potential is there.

Billy Blackned of Wemindji believes the potential is there if people would get up and do something about it. "We have the islands just off the shore here where tourists can go fossil hunting. People from the outside are just fascinated by Cree culture, especially if they're seeing it for the first time. In the inland area there are good places for skiers and even for snowboarding. I know white people like those kinds of activities. There are a lot of things we can do for tourists here. There are two kinds of visitors, though. We can't mix them up because there are the naturalists and there are the hunters."

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UNDER THE NORTHERN SKY

Fields Of Grass

by Xavier Kataquapit

Recently, I took some time to bicycle for a few days while on vacation. It was refreshing and exciting to be back on a bike as I spent most of my day riding through trails and parks in the warm weather during the last few days of summer.

One afternoon after a long ride I lay on the grass to rest after several hours of peddling. It felt great to sit under a blue sky in the shade of an old maple tree with a light breeze to cool me off. Like most people, I seldom take the opportunity to just sit on the ground to rest. Most of the time, we all look for the nearest bench, rock, log or something to sit on. I was comforted as I lay down and stretched out my legs and felt the soft earth beneath me. It felt good to run my fingers through the green blades of grass and to smell the earthy fragrance of the soil. As I lay down on my back and closed my eyes I drifted back to my childhood days in Attawapiskat.

On warm, lazy summer days we children had to find things to do on our own. There were no organized activities, parks or recreational facilities where we could direct our vast amounts of energy. Instead, my younger brothers and I spent our days exploring the world around our home. As we were too young to wander too far off, most of the time we ran around the boundaries of our house. We had no lawn but there was a clay yard with random areas of tall grass, weeds of all shapes and sizes and small wild flowers. In front of our house were a gravel driveway and a well-trampled area of dark earth, saw dust and wood chips that led to two long lengths of clothesline, dad's storage shed and our outhouse.

To me, the wild plant life on our front yard was a world to be explored. My brothers and I spent the first few years of our lives down our knees looking at the endless number of small creatures that crawled around the plants. We played all sorts of games to entertain ourselves as we wandered around the yard. At one point we took mom's pair of good scissors to mow a large area of grass just to see how much cut grass we could accumulate and bundle together. We did not move far along into our game as mom noticed us playing with her only pair of scissors. She promptly took her prized possession back into the house and made a strong suggestion that we had better not touch them again.

Alongside our home was one of the few community gravel streets with drainage ditches on both sides of the road. These ditches had been dug years before but were constructed poorly with little consideration to the proper drainage of water from the community. Instead they collected large pools of stagnant water and were only useful during the spring run off or after a heavy rain.

As curious children, my brothers and I were fascinated by what took place in these little shallow pools. At first glance there was a host of algae, weeds and water bugs skimming the water but on closer inspection there was a whole new world underneath the surface. Hard shelled snails secured themselves to any surface, mosquito larvae drifted near the bottom waiting to hatch, frogs' eggs clumped together in cloudy masses, tadpoles at all stages swam in all directions and other fine organisms flowed through the water like lifeless particles. We had no idea at the time what these ditches were for and we never made the connection that they handled all the community's waste water. It is amazing that we didn't catch some terrible disease in these play trenches.

As we grew older we were able to explore other parts of the community. A lot of the time we enjoyed playing on the high bank of the river amongst the tall wild grass. No one ever tended grass in town so these plants grew three feet high. It was great fun to play in long grass and when we got tired we lay down and stared up into the sky, which, from our vantage point, was framed in tall blades of green. It was relaxing and comforting to smell the wild plants and to feel the cool breeze as it rustled through the field of grass. Isn't it strange how thankfully some things don't change, no matter where you are or how much time goes by?

continued from page 9

Finals

For the second year in a row the two teams from Eastmain faced off for the the championship title and the grand prize of $8,000.

In the first inning, lead off batter John Moses got a base hit and Mike Gilpin also got a base hit in the first. The next batter struck out. With one out and two on base Raymond Shanoush got a base hit to bring home the two on base. Iit stayed like that untill the end of the game as the two pitchers displayed some dominant pitching, striking out most batters at the plate and what was hit the defence played an awesome roll by picking up every ground ball.

In the bottom of the 7th inning with one out Stanley Gilpin squared off to bunt bringing in the outfields and completely fooled them with a solid slap to deep centre field with a stand up triple. That really brought the fans into the game. Next batter was hit by a pitch, leaving runners at first and third. The next batters struck out and the Fireballs won the Championship title and the grand prize of $8,000. The Eagles took home $4,000.

Final Game Stats

Pitcher	Batters	K`s	Hits	Runs
Raymond Shanoush	28	13	3	1
Darren Zack	28	11	7	2

Awards

- Best Infield went to the Fireballs third baseman Alfred Gilpin (Baseball Glove)
- Best Outfield went to Wemindji White Sox Andrew Kakabat (Baseball Glove)
- Most Valuable Player Eastmain Fireballs Raymond Shanoush (Worth Fast Pitch Bat)

Pitching Stats from the three pitchers that pitched every game over the weekend

Pitchers	Batters	Strikeouts	Hits	Runs
Darren Zack	107	62	18	3
Ray Shanoush	113	71	9	5
Roy Neacappo	94	27	29	11

Thanks to all the teams that came from Chisasibi, Wemindji and Waskaganish for putting on a great show for the fans. Thanks also to the legend himself Darren Zack for making his appearance once again and putting on an awesome display of pitching for the fans.

Thanks to all the sponsors, without them the shootout would not be the same: Eastmain Band, WETA, Youth Council, CRBJ Transport (Fred Tomatuk), Northern Store... and of course the fans and volunteers!

Feds to invest $700 million in Native healthcare

Prime Minister Paul Martin has promised that an additional $700 million directed toward Native health care in the coming years.

"This is a huge moral issue for us," said Martin at the Sept. 13 meeting on health issues with Canada's premiers and the heads of five major Aboriginal groups in Ottawa.

Martin committed the cash over the next five years to combat the disproportionately high rate of Aboriginal suicide and diabetes, and generally to attempt to improve the appalling level of health care available to Native communities.

Last spring, Martin promised Native leaders "a full seat at the table" in dealings with the federal government. Despite that promise, they were allotted only a three-hour pre-meeting to raise health issues and concerns before the three-day meeting with the premiers got underway.

The Prime Minister called the conference an "historic opportunity" to improve life in what many Native leaders describe as "Third World conditions."

"Together, we can and must close the gap in [Native] health status," said Martin.

"The session was an important opportunity to bring focus to the devastating health status of First Nations peoples," said Assembly of First Nations National Chief Phil Fontaine. "That is why we presented a comprehensive action plan that includes six elements aimed at transformative change and immediate results. Our plan is supported by the pillars of sustainability and integration to create a system that gives us maximum return on our investments and works to improve the lives of our people and the health care system for all Canadians."

Health Canada spokesperson Catherine Saunders thinks that the new spending will lend a much-needed helping hand. "This funding is set out for the next five years, and will go a long way in trying to address the health gaps between Aboriginals and non-aboriginals," she told the Nation. "We're certainly hoping to make some headway over the next five years in the area of Native health."

She went on to say that she wasn't sure how much would be needed to bring Native health indicators up to the Canadian average, but that this was a step in the right direction.

The six elements of the plan involve a sustainable financial base; integrated primary and continuing care; health human resources; public health infrastructure; healing and wellness; and information and research capacity. Martin's plan contained aspects similar to the AFN's prescription.

"We are pleased with the response of the Prime Minister to our plan," said Fontaine. "An investment of $700 million dollars in the key areas of the First Nation Action Plan is a very positive beginning and demonstrates the kind of commitment that we are looking for."

He was quick, however, to question the prime minister's promise of a "full seat" in future negotiations.

CLASSIFIEDS

100 – BIRTHS

We would like to say Congratulations to Andrea Mamianscum & Jonathan Cheezo on the arrival of their daughter Skyler on Sept. 6/04. Take care of our daughter-in-law to be lol (kidding). Love & Prayers: Kevin, LeeAnn & Devon

101 – BIRTHDAYS

We Would Like To Wish A Happy 2nd Birthday To Our Very Special Son Craydon Corson Rylie Hester, Who's Celebrating His Birthday on September 29, 2004. Happy 2nd Birthday Little One and We Love You So Much Because You Mean So Much To Us. Love Your: Mommy & Daddy (Paulette & Corey) xoxoxox

A special birthday greeting going out to my very very special nephew, whom I love as my own son, KEVIN LYLE NICKOLAS GORDIE MOSES (oct 1st). I hope you know how much you mean to me and how much i miss you when we are not together, I am still so glad God blessed me with such a special little boy, In so many ways you have brighten up my life, it seems like you are the air i breath, the sun that brightens my gray skys, you have a way of cheering me up when i am down, or sad. I love you so much and i hope you will never forget how much i love you, again HAPPY 6TH BIRTHDAY my baby. with all my love your auntie and as you say "my mommy 2" Barbara .R. Hester

A very special birthday greetings going out to a very special, lovably and beautiful little girl KYRA BEKI ANGELIE BLUEBOY (oct 3rd) I wanted to wish you Happy 1st Birthday. I'm not sure where you'll be for your birthday, but I hope it's here in waskaganish. I want to see you blow out your 1st candle. And probably some cake on your face, LOL!! I love you sooooo much and miss you. I wish I could give you a big hug and kiss your chubby cheeks, LOL!!! With love your grand auntie Barbs P.s I hope your having alot of fun in Ottawa.

A special, cute, adorable and very lovable little boy will be celebrating his 2nd birthday on sept 29, in waskaganish. CRAYDON CORSON RYLIE HESTER. Happy 2nd birthday, i hope you will have lots of fun and get alot of gifts, I can't wait to see you blow out your candles, but don't eat too much cake. I love you and your little ways of making people laugh again Happy 2nd Birthday. With all my love Barbs (wask)

I want to wish Happy bithday to the following people in wask. My niece CORRINA HESTER (oct 3), LEO WHISKEYCHAN (oct 7), my niece MARINA JACOB (oct 8) sorry marina, i didn't have time to bake you a cake like u wanted, but hope this was O.K., to my other niece CHERYL HESTER WHISKEYCHAN (oct 11) and to my niece BAILEY HESTER (oct 15). I just wanted to wish you all a happy birthday and i hope whatever you wish for, i hope it comes true. Take care of yourselfs and love ya. With love BARBS (wask)

Birthday greetings going out to these people in waskaganish. to my namesake and nephew DARNELL HESTER (sept 3), my brother-in-law WILFRED MOSES (sept 12), my grandniece CELICIA HESTER (sept 13), my niece SHAWNA LAMEBOY (sept 14), my adorable grandnephew DAWSON WHISKEYCHAN (sept 15), my sister-in-law CAROLINE HESTER (sept 21). I want to wish you all a HAPPY BELATED BIRTHDAY, I hope you all had fun on you special day. with lots of love Barbs (wask)

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PLEASE SEND TO: The AFN Renewal Commission, 1 Nicholas Street, Ste.1002, Ottawa, Ontario K1N 7B7

CLASSIFIEDS

Belated birthday wishes going out to my namesake and Godson SKYLER GORDON WINSTON WHISKEY-CHAN (sept 4) happy 2nd birthday Sky, sorry i wasn't there for your birthday.... again, today i wish i was with you on your birthday, instead of wasting my time else where. I hope you had fun on your b-day and i hope you liked your gift. Love ya Sky! With lots of love from your namesake and Godmother, Barbara .R. Hester (wask)

A happy belated birthday wish going out to my cuz and buddy Shawna Lameboy on Sept 14 hope you had fun in Chis.... wish you were here though we would've had a BLAST naah? Lol.... take care love in friendship Colleensh

On September 29 my adorable most cutest lil nephew, Craydon Corson Rylie will celebrate his second birthday in Waskaganish.I hope you have a good birthday lil one Happy 2nd Birthday and many more to come Love Always Auntie Colleen

A happy Birthday wish going out to my homie Kachee Hester on September 28.... hope you have fun on your birthday gurl don't party too much. Lol.... were gonna party hard ok???...Love in friendship Coll

A Happy 1st Birthday wish going out to my cute God Daughter KYRA BEKI ANGELIE.... I hope you have a wonderful birthday...i love you and miss you so much.... can't wait to see you.... heard you were walking now...that was some good news.... Love your God mom Colleen (wask)

Special Birthday greetings going out to my friend and cousin Betty Blueboy who will be celebrating her birthday in Ottawa on October 18.... Have fun on your birthday and good luck in school and work hard.... love in friendship Colleen xoxo

Happy Belated Birthday to my Jooshoom Dale Jonah on September 24, 2004. Hope you enjoy your Special Day Joomshoom. Love Always: Your Grand-daughter Bianca Jonah (chisasibi)

I would like to wish Happy Birthday to my Uncle Dale Jonah on September 24, 2004. Even though I don't know how old you are gonna be ...Lol. Well once again Happy Birthday ...Oh Yeah. Don't party too hard Eh!! With Love: Your niece Doreen (chisasibi)

103 ANNIVERSARIES

Happy 20th anniversary to our parents Caroline and Raymond on September 28 hope you have lots of love and special memories on your day with love Colleen and Corey

300 – PERSONAL

Hello I am writing to anyone in the Cree tribe in Chisasibi. My name is Milli Hahn from Ocala Florida USA. My daughter-in-law is Anita Hahn, she is originally from Renfrew Canada. She was adopted when she was 3 months old. Her name on her adoption paper is May Louise Pachanos. I saw a few Pachanos listed in Chisasibi, and we are wondering if they may be related to her. Anita and I would appreciate any information you may have on this. Sincerely, Milli Hahn PO box 731, Orange Lake, Florida 32681 Phone # 352-591-2245

Congradulations to the Waswanipi Fire Fighters! They came in 3rd Palce in the Nationals in B.C! From: Your fans..Kyana, Johnny, Justice & Misatapeu Ottereyes

Avis de changement de nom pour publication à la Gazette officiel du Québec. Changement de nom d'un enfant mineur. Prenez avis que Paula Napash en sa qualité de mère dont l'adresse du domicile est le P.O. Box 1055 Chisasibi, Quebec J0M 1E0 présentera au Directeur de l'état civil une demande pour changer le nom de Paulette Chrissianne Bashabinukaw Napash en celui de Paulette Chrissianne Bashabinukaw Swallow à: Chisasibi, Quebec le, 20-09-2004

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We need your input! **Deadline: November 30, 2004**

Send entries to:
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For further details contact: 1-866-869-6789.
Internet website: www.afn.ca

CONTEST RULES:

• Contestants must be First Nations youth (age 29 or less). Please include your name, age, mailing address, telephone number, email address, title for your art and description of what it means to you. • All considered artwork will be limited to pen, pencil, pencil crayon, felt marker, paint or computer graphic. • Winning entries will become the property of the AFN Environment Secretariat - no art pieces sent in can be returned. Winning entries will be used on report covers and posted on the AFN website.

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